

Picture It: Homeopathy



A Picture-Based Guide to Homeopathic Remedies and Personalities

By Aarti Patel, N.D.

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By Aarti Patel

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AUTHOR'S INTRODUCTION

My interest in homeopathy stems from an overall curiosity in watching how people react differently to a given situation. Stepping out the door on a Monday morning, the start of the work week, homeopathy is alive along the route to work even before 8 a.m. All someone needs to do is open their eyes to the diversity of reactions. There is a woman with her hair half wet, running across the street at the first gap in traffic in order to get to work on time. She has probably skipped breakfast, and seems concerned about making a good impression on her supervisor. I may not know the specifics, but the wet hair and sprint across the street catches my attention. There is the man 15 minutes early at the bus stop crisp in his suit, briefcase organized and equipped for quick access to his cell phone and computer. He may have an alternate bus route planned in case there are mishaps with the first one. There is an attractive lady in line to get coffee, already 10 minutes late for work but craving a double shot of espresso in order to function in the morning. Maybe she knows if she bats her eyes a little at her boss, she'll be let off the hook for a little tardiness. A token driver is honking his horn indiscriminately at every driver who, in his opinion, seems bent on making his day worse. I have my own morning habits about which I sometimes wonder, "Where did these come from?"

Homeopathy is an important medicinal art because it pays attention to the diversity of responses people have to life circumstances. Throughout my clinical training, I have seen one overriding principal of health: No two people are the same. Ten patients can come in with a diagnosis of eczema, but they are ten different presentations that each belong uniquely to the person experiencing the eczema. Whether doing a homeopathic intake or a general naturopathic visit, I like to explore the patient's history in the big picture way that I learned through the study of homeopathy. When eczema is present, there are most likely other pieces to the picture that are also important to explore in order to treat the whole patient.

Homeopathy is a subject that challenges me to think, "Can I picture it?" The 'it' is not only the symptom the patient wants cured, but also the patient's unique and underlying state of being. When studying

homeopathy, students are challenged to look deeply into a person's presentation. The process involves taking in the totality of the patient's symptoms, personality, background, medical history, family history, lifestyle, interests, and quirks (just to name a few) in order to come up with a remedy best suited for that individual.

My purpose in creating this book is to help students of homeopathy picture it in a fun and visual way. I have illustrated the mental, emotional, general, and physical keynote for 32 remedies that you may see frequently prescribed or discussed in the clinical setting. This book focuses on chronic and constitutional prescribing more so than acute, though I am planning to work on a book with a more acute slant in the future. The picture pages are organized in a way that will help the reader draw associations between what is happening mentally and emotionally in the remedy state with what is happening physically. The page layout should also help with retention, since the keynotes for each remedy are drawn and grouped together on a one-glance page.

This book gives you a quick and convenient summary for each remedy. The sources of certain remedies are mentioned whether from plant, mineral, or other natural substance. Keep in mind that homeopathic remedies are diluted to the point where the amount of the source remaining in the final remedy is infinitesimally small. The trace that remains is what helps the body to heal. Also important to note is that several remedies may apply to one individual at different points in life, depending on what he or she is going through at the time. Finally, the end of this book addresses miasms, and explains why it is helpful to be familiar with them when studying remedy states.

Have fun looking through the drawings and thinking about what remedy describes you, family, friends, movie actors, or whoever may interest you. Maybe you will have your own mental illustration for *Lycopodium* that looks nothing like mine, but offers another picture of a *Lycopodium*. You could even try drawing your character and a scenario of how he or she might react in the world. Homeopathy gives us a chance to celebrate and appreciate people's quirks and uniqueness.

In making this book I'd like to thank my brilliant editor, Jason Petersen, N.D., for patiently looking through my work and giving me tons of

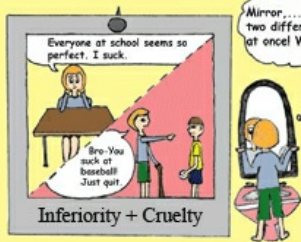
feedback. Also a special thanks to Hana for leaving her own unique finger print and encouraging me to have fun with my book. And of course I'd like to thank all the interesting people I've met and the patients I've worked with for sharing their life experiences and quirks.

REMEDIES

ANACARDIUM

This remedy is made from the Marking Nut, a heart-shaped nut from a tree that produces ink. It is interesting that the people who need this remedy want to leave their own mark on the world by proving themselves worthy. Anacardiums often have a history of abuse that leaves them feeling a sense of worthlessness. This lowered self confidence makes them want to show the world that they do in fact have qualities that are worth admiring. On the other side of the coin, Anacardium's sense of inferiority makes them feel very angry inside. This anger can lead to cruelty and aggressive behavior toward animals and people who are defenseless, thus making the aggressor feel more superior and perhaps even bringing pleasure. Anacardium also takes out aggression with profuse cursing and swearing. While there is a dark feeling about this remedy because of the cruelty, there is also a lighter side conflicting with it that ultimately gives the impression of an angel on one shoulder and a devil on the other. Anacardium feels split in two due to this inner conflict of good and bad.

AnacardiumUnbearable inner conflict



Mirror... I feel like two different people at once! Who am I?

- Internal strife brings out 2 strong but opposite personalities.

- The hardened side can take out anger or violence toward people or animals.



▶ Delusion, as if an angel on one shoulder and a devil on the other.



▶ Desire to prove something.



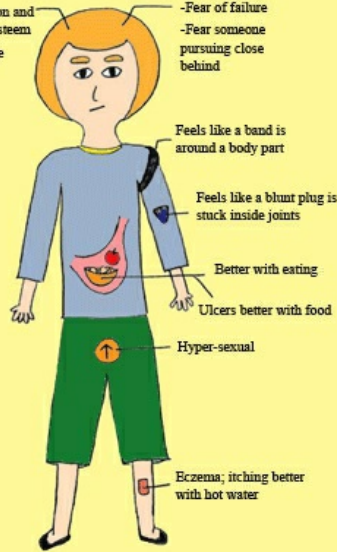
▶ Strong urge to curse.



Clinical, General, Mental

- Depression and low self-esteem
- Indecisive

- Fear of failure
- Fear someone pursuing close behind



ARGENTUM NITRICUM

Made from silver nitrate, Argentum Nitricum is a remedy for people who have a hard time controlling aspects of themselves that many people try to keep in check, such as thoughts, emotions, and actions. This remedy is impulsive in what they do. The impulsiveness can lead Argentum to do unexplainable things, which can be silly like rolling in the grass, or frightening and foolish like jumping from a height or throwing something at someone's head. In a world where everyone seems to grow up quickly, this silliness can introduce a youthful charm and charisma into a room. Argentum's involuntary spontaneity extends into the emotional realm as well, as they can be their characteristic cheerful and friendly selves one second and weeping or throwing a tantrum the next. While this state is impulsive and silly, it also deals with strong anxieties and fears about health and being alone, for example. Combined with superstitions and any number of phobias, this remedy can at times seem childlike. Physically, this is one of the hottest remedies and also one plagued with loud and frequent flatulence and belching.

Argentum Nitricum ...Lacks emotional control



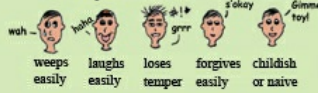
Impulsive



• Extroverted and cheerful.



• Very emotional.



Clinical, General, Mental

▶ Pathologically open.



Anxiety about health, exams, being alone, and before socializing
Fears heights, bridges, being late

Foolish and frightening impulses, like to jump from a high spot

Suggestible, sympathetic

▶ Silly.



Splinter-like pain in throat -hoarseness

Loud belching, attracts attention

Strong heart palpitations, jumpy feeling in chest

-Can feel weak, worse with sweets

▶ Deep phobias, compulsions, superstitions.



Diarrhea from nerves

Craves salty and sweet

Bloating

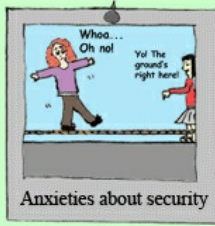
Impotence, worse when thinking about it

Feels hot easily, better with cold

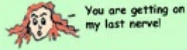
ARSENICUM ALBUM

Arsenicum is made from arsenic oxide, which in its raw form is a strong poison. People who need this remedy feel insecure about life, as if at any moment something could go wrong for them with their health and finances. In the midst of these anxieties and fears, Arsenicum needs a strong support network to help them feel more secure and may seek out a church or other group of people to rely on, perhaps even their doctors. They also worry about their family's well being in addition to their own. Because Arsenicum feels deeply vulnerable to what could go wrong in life, they work very hard to control their surroundings with a tendency toward fastidiousness, perfectionism, stinginess, and always wanting to be right. They plan and organize down to the nitty-gritty, whether that means storing extra groceries in case disaster strikes, or carefully cleaning and labeling everything in a room. As children, they can be overly cautious as well and compulsive about their homework. Physically there is nervous restlessness, exhaustion, and watery diarrhea made worse by anxiety.

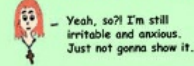
Arsenicum Album ...Needs to control surroundings



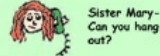
• Starts as irritability at first.



• Can seek church or other security.



• Becomes restless, needs comfort.

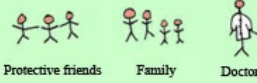


= PANIC ATTACK!

▶ Fears.



▶ Needs strong support network.



▶ Anxiety can lead to controlling and depression.



▶ As a child, overly cautious, perfectionist, compulsive.



▶ Clinical and General



AURUM METALLICUM

Aurum is made from gold, a precious, shiny, and prized metal. It is fitting that people needing Aurum start out in life as idealistic, going for the gold in essence. They are very ambitious and set high goals for themselves that are so demanding that trying to reach them leads to frustration, extreme irritability, and depression. What starts out as healthy enthusiasm for succeeding can turn Aurum into an overly serious workaholic. The pressure on the Aurum personality is compounded by the fact that they fear failure and criticize themselves heavily if their ideals do not play out as expected. There may in fact be outbursts of anger and violence with this remedy during times of disappointment, as well as drug or alcohol abuse. Aurums consider life ruined when something goes wrong and over time suffer from feelings of pain and joylessness. They may try spiritual work to help themselves feel like life is not falling apart, but can eventually become severely depressed and suicidal. They are also deeply afflicted by grief or disappointed love. Something that makes Aurum feel better is music, which they love.

Aurum

...Depression with fear of failure



Oh-why bother? There's nothing left to say.

- Idealistic with high goals.



- Becomes frustrated with goals- can lead to irritability, violence.

- ▶ Can be stricken by grief, or disappointed love.



- ▶ Deep spiritual or religious work.



- ▶ *Clinical, General, and Mental*

- ▶ Despite spirituality, can become deeply depressed or even suicidal.



- ▶ Loves music, feels better from it.



CALCAREA CARBONICA

This remedy is made from the hard calcium shell of an oyster. People with Calcarea states appear to have a tough shell in so much they are hard working, can take on many responsibilities at once, and seem very solid. But just as inside the strong covering of an oyster, you find a soft animal, inside the toughness of Calcarea you find vulnerability. These people have many anxieties surrounding health, money, and collapsing from too much work. They may feel like they are losing their mind from burying all their emotions inside, but do not want others to notice. They face many fears and phobias as well, such as a fear of heights. The strong outer shell allows Calcarea to withdraw into it when scared or overwhelmed, and eventually they may become depressed and lose all interest in work. However, when they are faced with challenges in an environment that offers support, guidance, and structure, Calcareas can use their talents well and display beautiful work akin to a pearl in an oyster.

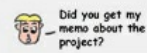
Calcarea Carbonica ... On the verge of collapse



Overworker



• Has projects and responsibilities.



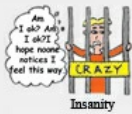
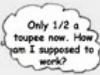
• Overwhelmed with work.



• Collapse.



▶ Anxieties.



Insanity



Money

▶ Phobias and fears.



Heights

Rodents

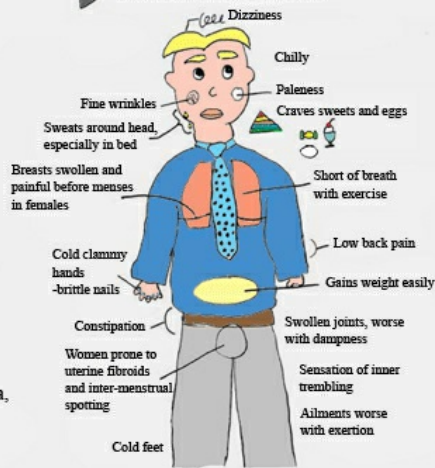
▶ Depression and loss of interest in work.



▶ Children can have low stamina, but are also hardworking.



▶ Clinical and General

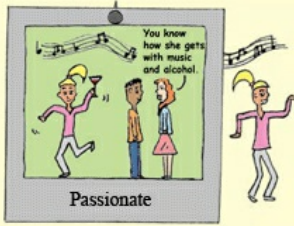


CARCINOSIN

People who need this remedy are often very close to their families during childhood, and are expected to conform and to be sensitive to the group dynamic. There may be suppression or abuse in the household. The children are very sympathetic and timid at first in the family setting. As Carcinosis children get older, they often rebel and seek thrills such as dangerous activities, substance abuse, and travel. Yet there is still a strong desire to please others and fit in with a group, making Carcinosis sensitive to criticism or being reprimanded. There is often guilt surrounding their feelings from childhood and a strong sense of responsibility that drives Carcinosis to work excessively as early as their teenage years. This is an enthusiastic and intense remedy picture that loves exciting thunderstorms, dancing, and music. Physically there are moles on the skin, and constipation.

Carcinosin

....Enthusiastic and intense



- Seeks thrills and danger.



- ▶ Restless and likes traveling.



- Loves the excitement of thunderstorms.



- ▶ Strong ties with family, sometimes with suppression.



▶ Clinical, General, Mental

Can lead to rebellion

Sensitive to criticism

- ▶ Children-Shy, sensitive, sympathetic. Don't like comforting.



- ▶ Can work excessively.



- Loves dancing and music
- Fastidious
- History of guilt and suppression
- Constipation
- Consider when carefully selected remedies won't work or don't hold for long
- Blue tint to whites of eyes, especially in kids
- Moles
- Dark, earthy, "cafe au lait" complexion
- Craves salty, fatty, spicy foods and chocolate
- Strong sexual feelings at puberty (with passion)
- Sleeps in knee-to-chest position
- Feels better near the sea

CAUSTICUM

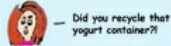
This remedy is made from potassium hydrate, also called slaked or caustic lime, which can be used to make cement. People who need this remedy can be as difficult to budge as concrete when they stand up to injustice, which they like to do frequently. They feel anger and hatred when they witness unjust treatment, either directed toward themselves or others. They may be politically active in their families by boldly trying to solve problems, or they may take on injustice in a larger sphere by participating in a public protest or other form of activism. Causticum can be very serious, intense, and rebellious. You may see them get very riled up while watching the news on T.V., especially when there is report of people's suffering. Physically, they deal with complaints of slowly progressing musculoskeletal rigidity. If the nervous system complaints are on the mental level, Causticum can become forgetful and repeatedly recheck tasks. Authority figures do not sit well with this remedy.

Causticum Standing up for the cause



► Dullness, forgetfulness.

• Serious, intense, rebellious, political.



• Sympathetic for others and news bulletins.



• Anger or hatred over injustices.



► Clinical and General

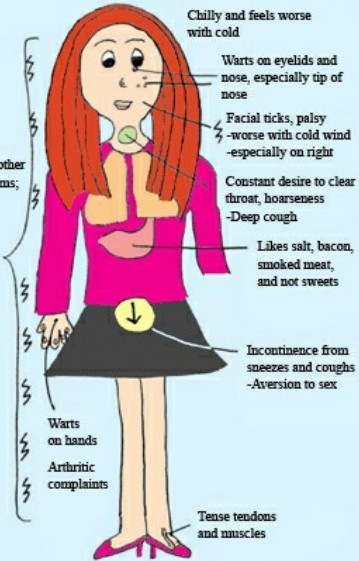


► Rebellious.



Numbness, tingling, and other nervy symptoms;

► Children are sensitive, excitable, sympathetic. Can be fearful (of the dark especially).



Chilly and feels worse with cold

Warts on eyelids and nose, especially tip of nose

Facial ticks, palsy -worse with cold wind -especially on right

Constant desire to clear throat, hoarseness -Deep cough

Likes salt, bacon, smoked meat, and not sweets

Incontinence from sneezes and coughs -Aversion to sex

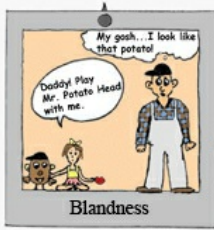
Warts on hands
Arthritic complaints

Tense tendons and muscles

GRAPHITES

Graphites is made of graphite, which is the form of carbon that you see in pencils. This remedy has a matter-of-fact and often unrefined quality about it and as such, is not typically comprised of people who care which fork goes with which dish in a five course meal. They often have difficulty concentrating and slowness of thinking. Their mental dullness may give people the impression that Graphites is thick skinned; however, this remedy contains an inner sensitivity that comes out at times, such as in weeping while listening to music. Similarly on the physical level, Graphites has thickened, hard skin but it is often prone to cracking and bleeding. There are other skin problems as well, such as eczema, psoriasis, hives, and calluses. Physical keynotes also include obesity and thickened deformed nails. Graphites feels worse in the morning upon waking, with increased sadness and fogginess.

Graphites Mental dullness



Blandness

- Casual about social etiquette, crude.



- Slow thinker, cannot concentrate.



- ▶ Overweight.

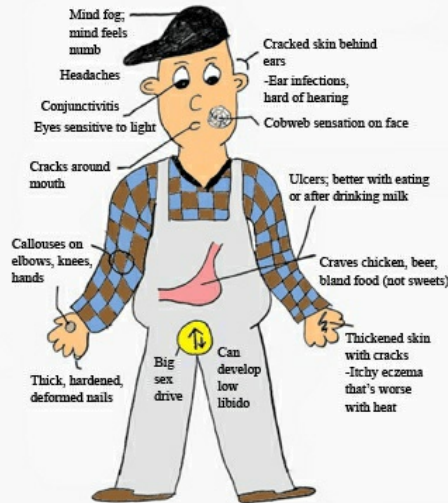


▶ Clinical and General

- ▶ Weeps while hearing music.



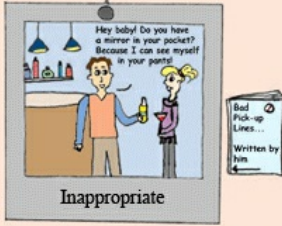
- ▶ Thick skin, may be cracked.



HYOSCYAMUS

The common name of the herb *Hyoscyamus niger* is Henbane, and it has a strong effect on the nervous system. People who need this remedy have difficulty controlling what is typically seen as shameless behavior and mannerisms. Early on, there may simply be mischief, joking, silly behavior, and laughter which is entertaining, but can also get on people's nerves. From a young age, Hyoscyamus can be the jealous type wanting all the attention on them and not on their siblings. Temper tantrums at home and precocious sexual behavior is not uncommon. As the remedy state deepens, Hyoscyamus may publicly shock others by touching themselves or exhibiting some other inappropriate sexual behavior. They do not hold back their lewdness, or their mouths as they can talk nonstop especially about sex. There is also a lot of cursing and overall tactlessness. Hyoscyamus can harbor suspicion toward others and have a cold and calculating side as well. Some people's reactions to certain behaviors of a Hyoscyamus may be those of discomfort and wanting afterward to take a shower to clean off. On the physical level there is restlessness with twitches or jerks of the extremities and perhaps even wild dancing.

Hyoscyamus Shameless lack of control over impulses



▶ Exhibitionist who likes to be naked and touches self.



-Enjoys shocking people.

▶ Jealousy.



▶ Talks a lot.



• At first, just mischievous and happy; a jokester.



• Silly behavior and laughter. Can get annoying.



• Children throw tantrums, show jealousy toward siblings, have premature sexuality.



▶ Clinical, General, Mental



IGNATIA

This remedy is made from the hard, compact, and bitter tasting seed that comes from the *Strychnos ignatia* tree. The Ignatia personality is one that feels easily hurt from their over-sensitivity. They have romantic and idealistic notions that get dashed by real life and are a set up for disappointments. The hurt feelings Ignatia develops become cramped inside them, leading to bitterness and an external hardness. They can have experienced a grief many years ago and will still be feeling the effects like it happened yesterday. They become stuck in a prolonged and deep grief not completely expressed that eventually gives rise to spasticity and hysterics. Ignatia avoids crying, but can end up sobbing uncontrollably. They also have alternating moods of laughter with weeping. Nervous system symptoms abound with muscle spasms, numbness, tingling, and paralysis. Ignatia can become defensive and suspicious of others, ready with rudeness and combative skills if needed. The held feelings of this remedy can produce the sensation of a lump or something stuck in the throat, as well as sighing.

IgnatiaSpastic hysterical grief



• Romantic and idealistic.



• Over-sensitive.



+

= Set up for disappointments.

▶ Easily hurt; feelings cramped inside.



▶ Bitterness and hardness result.



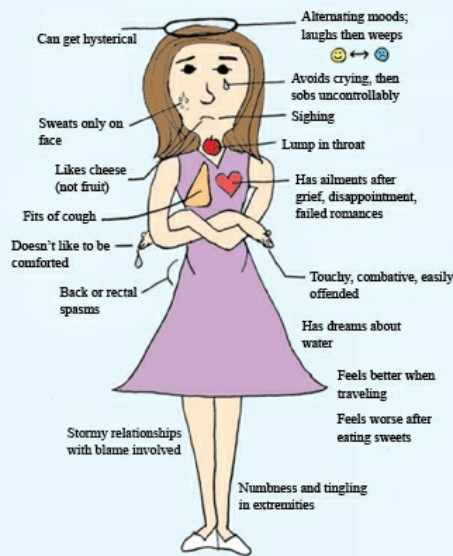
▶ Defensive, rude, suspicious.



▶ Fear of birds.



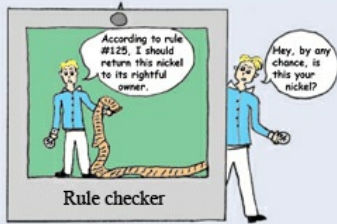
▶ Clinical, General, Mental



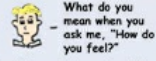
KALI CARBONICUM

This remedy is made from Potassium Carbonate salt. People who need this remedy can be initially hard to spot since they have such strong control over their emotions; they are stoics. They are used to seeing the world in black and white and adhering to both moral and legal rules very strictly. For example, when seeing a ten dollar bill fall out of someone's wallet, many people may be tempted to pick it up for themselves. Kali Carb would have a hard time feeling decent about that action, and is more likely to return the money to its rightful owner. Wanting to maintain strict control over their lives, Kali Carbs have fears creep up about the future, diseases, and the dark—maybe even ghosts. They do not like change and may not notice external or internal stressors until they become severe. Physically, this fenced up stress can lead to a feeling of dread in the pit of the stomach, or sharp and sudden pains that wander in the chest. Kali Carb can be rigid and forceful when stating opinions to others, and is overall very conservative and proper in their dealings with the world.

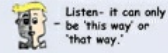
Kali CarbonicumBy the book



• Controls emotions well.



• Stoic. Sees things in black and white.



• Doesn't notice stress until it's severe.



► Fears (wants to be in control).



► Clinical and General

► Conservative, loyal, moral, proper.



Sleepless; can't let go of thoughts

-Wakes after 4 hours of sleeping

Short of breath, better upright

Stitching pains

☁ - Chilly

Eyelid swelling

Likes sweets

Kids get lung infections

Respiratory complaints

Feeling of dread

Nausea and anxiety in stomach

Low back pain, can wake person up at night

► Rigid; dislikes change.



► Dogmatic.



LACHESIS

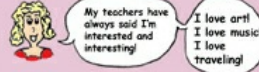
Lachesis is made from the poisonous venom of the aggressive Bushmaster snake. Remedy characteristics include a sharpness of the mind, intensely passionate emotions, and strong vitality. When interacting with this personality, the intensity may be felt as something almost palpable. They are passionate about everything and cannot contain this feeling, talking and talking and talking—they are very loquacious. Lachesis is possessive of friends and sexual partners, becoming jealous in relationships and harboring unreasonable suspicion. Children also show jealousy toward new siblings or by trying to possess their friends. On the other hand, if these intense emotions are suppressed you may see a much more introverted and timid Lachesis who feels hidden envy, inferiority, and is critical of others. Lachesis at any age is bitingly sarcastic and can strike at people's most vulnerable spots. They can also harbor hatred and long for revenge. One physical focus for this remedy is sensitivity around the throat, almost as if it is constricted by something. Lachesis does not like being touched there, may have difficulty swallowing, and cannot stand tight collars or necklaces.

Lachesis

....Strong emotions, very stimulated



• Passionate about everything.



• Jealous and can be possessive.



► Talks a lot.



► Clinical, General, Mental

► If emotions suppressed, becomes shy.



► Children can be pushy and critical.



Jealousy toward sibling.



Possessive of people.

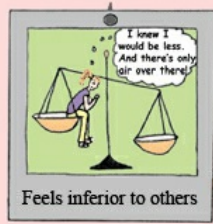


Doesn't like authority. Finds vulnerability and strikes.

LYCOPODIUM

Lycopodium, also called Club Moss or Wolf's Claw, is a plant whose roots resemble a claw. The plant is hardy and can survive changes in climate and environment. The Lycopodium personality is likewise tenacious, has a sharp mind, and can adapt easily to changing circumstances. However, their struggle is feeling that they are okay as they are. They feel inadequate inside, as if they are inferior to other people. This feeling can lead Lycopodium to either become a shy loner with many phobias and especially a fear of people, or an egotistical and assertive power-loving person. You will see Lycopodiums work very hard to compensate for the inadequacy they feel. They may gather lots of knowledge and flaunt it, enjoying flattery in return for their intellect. Or they may bully those they feel are less than them, enjoying being in charge. Meanwhile, they are attentive and yielding to those they consider superior. Lycopodium does not want this struggle to show on the outside—they mask the emotions very well. The stuffed emotions will get to them physically, resulting for example in digestive complaints such as gas, bloating, and upset stomach. Emotional restriction can also lead to a lack of self control, causing the person to seek escape in excessive sweets or sexual activity.

Lycopodium ...Feels less than less



- Can become a shy loner (with phobias)...
- ...Or egotistical and assertive (counter-phobic).



Clinical, General, Mental

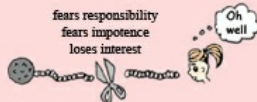
Lack of self-control.



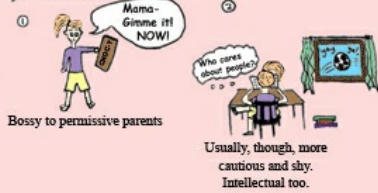
Fears.



Lack of commitment.



Children.



MEDORRHINUM

This remedy is characterized by extremes and excess. Medorrhinum can vacillate, for example, between talkative and shy, absentminded and alert, hyper and laid back, kind and cruel, detached and emotional. It would be hard to label this person in just one way. There is a strong passion for living life that when given an outlet, can bring Medorrhinum adventures in world travel, relationships, ideas and learning, or work life—each person channels it differently. In a less socially acceptable form, this remedy can show extremes of drug or alcohol abuse, physical violence, or sexual activity. Medorrhinum personalities want to experience everything, even if it is forbidden. There is an element of hardness and aggression in this remedy toward others. During childhood, the aggression may show up as tantrums, fighting, and cruelty toward animals. Though this remedy state is sometimes thought of mainly for its keynote of aggression, the aggression is better seen in perspective with the rest of the extreme nature of Medorrhinum. Physically there is a strong and precocious sex drive as well as issues with the reproductive organs.

Medorrhinum Extremely erratic, with aggression



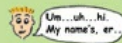
• Intense need to express passion can lead to extremes of...



▷ Aggression, hardness. Can be cruel to animals or kids.



-An opposite presentation is sensitive and shy.



• Children can have behavioral problems with aggression.

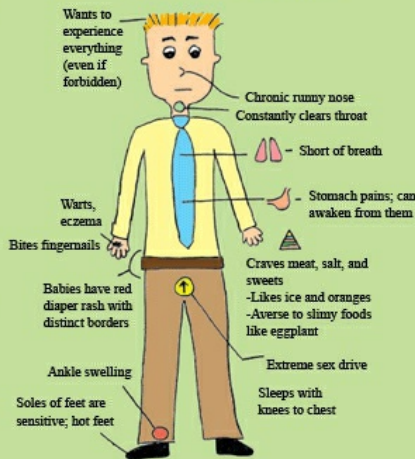


▷ Clinical, General, Mental

▷ Anxiety, can be a frenzied workaholic.



▷ Can be forcefully religious.



MERCURIUS

Mercury, or quicksilver, is a sleek and shiny metal that is liquid at room temperature and has traditionally been used in thermometers. Liquid mercury has fascinating properties—the droplets keep to themselves in a rounded and closed off form but when they are around other droplets, they coalesce and morph easily. Both the mercury metal and the mercury remedy are very reactive and over-sensitive to changes in the environment. Mercurius may desire warmth one second, and the next second be aggravated by it. The reactivity they feel on the emotional level is maintained inside and not expressed, just like the self contained droplets that mercury metal forms. They also feel instant suspicion of other people, which adds to their introverted presentation. When close to people, however, they desire undivided attention and seem to want to coalesce without clear boundaries. They are weakened by their over-sensitivity and may feel intense or murderous impulses from their withheld emotions. The anxiety and fear they feel around being reactive is covered up by keeping busy.

MercuriusOver-sensitive to changes in environment



• Introverted-strong emotions inside, but not expressed. Suspicious of others.



• Needs undivided attention, or cannot speak.



• Feels weakened from over-sensitivity.

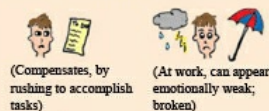


▶ Sudden impulses from withheld emotions.

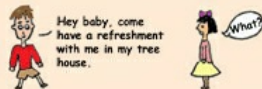


-However, looks proper and conservative to outside world.

▶ Has anxieties and phobias, especially about own mental state.



▶ Children are precocious, adult-like. Flirtatious, intense, sensitive.



▶ Clinical and General



NATRUM MURIATICUM

This remedy is made out of salt, which is a component of tears. Nat Mur has past grief and sadness that they have walled up inside of them. The word 'mur' in fact translates to 'wall' in French. Nat Murs have built a psychological wall for enclosure and protection of their past hurts. They withhold information about this grief and do not want to be consoled about it. People who benefit from this remedy are silent about their grief and find it difficult to express their sadness by crying. On the other hand, the grief can get to a point where Nat Mur is hysterical over it and cannot hold it back behind a wall. There is also a deep sensitivity about this remedy, being moved by romantic ideas and beautiful movies that invoke sentiment. After being hurt, the romantic side of Nat Mur can close off. As a child, Nat Mur is like a miniature adult, well-behaved and appearing mature for their age. As they grow up, people find it easy to confide in them even though they do not open up in return. This personality can be a perfectionist and serious in their appearance. They can also dwell for a long time on insults and criticism directed toward them. They tend toward runny noses and albuminous discharges.

Natrum MuriaticumThe wounded heart



Sensitive

▶ Hurt feelings. Dwells on insults and criticisms. Becomes closed.



▶ Confided in by others. Closed and able to keep secrets.



▶ Prolonged grief. Long bouts of depression from unprocessed feelings. Averse to company and consolation.



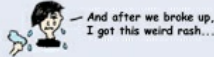
▶ Romantic, but after a hurt can close off.



▶ Children are well-behaved; like little adults. Vulnerable, but won't accept help.



- Builds psychological walls for protection.
- Introverted and serious. Withholds feelings...
- ...or abnormally open and hysterical.



▶ Clinical, General, Mental

All ailments worse at 10am and in the sun

Headaches or migraines (worse with sun, light, reading, 10am-3pm), feels like hammer beating in head

Line in upper eyelid, especially in kids

Watery eyes, worse with open air or wind

Sad, but can't cry

Silent grief

Hay fever

Rummy nose like egg whites

Dwells on past grief and humiliation; Emotional baggage

Ailments from grief

Person very serious

Fears:

-Claustrophobia

-Robbers

Cold sores, cracks on lips

Short of breath at night

Likes salty and sour foods

-Doesn't like fatty, rich, and slimy foods. No chicken.

Low back pain, better with pressure

Can't pee if others are around

Females averse to sex; painful sex

Females-vaginal dryness

Insomnia

Sleeps on left

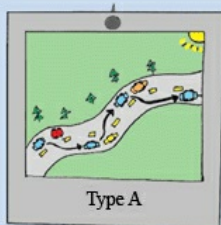


▶ Perfectionist
Tidy
Critical
Hypochondriac.

NUX VOMICA

This remedy is made from a bitter seed with constituents common to that of the Ignatia seed. People who need this remedy have all the A's of winning—ambition, achievement, aggression, and arrogance. They also have type A personalities that are competitive and impatient with what they see as other people's ineptitude. Nux Vomica's irritability and anger toward others also presents when being contradicted or outdone by them, and they are also easily offended. They tend to break things when very angry or frustrated. While they are on overdrive in trying to outdo other people, they are also hooked on substances that put their bodies in a state of perpetual overdrive. They may crave coffee, alcohol, spicy food, or stimulant drugs. With a lifestyle that mainly caters to their own goals, Nux fears marriage because they do not want to lose their freedom. Eventually, their reliance on overworking, substances, and indulgence causes them to collapse. Physically, there is a focus on the gastrointestinal tract with stomach pains and ulcers. Similar to Ignatia, there is a nervous system focus to this remedy as well. Nux can have insomnia, especially waking around 3 or 4 a.m. due to thoughts about work.

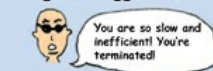
Nux Vomica "A" for Ambition, Achievement, Aggression



• Work.

- Impatient
- Competitive
- Arrogant
- Compulsive
- Fastidious

• Anger and aggression.



- Children are irritable, competitive, bad losers, can't admit mistakes, jealous.



▶ Competitive.



▶ Stimulants-coffee, alcohol, amphetamines, cocaine.



▶ Fears commitment, loss of freedom, and being humiliated in marriage.



(...but likes hedonistic sex)

▶ Collapse-from excesses in work, substances, indulging.



▶ Clinical, General, Mental

Easily offended

Chilly, ailments worse with cold

Insomnia; wakes at 3 or 4 am and can't sleep from thinking about work

Sneezing and runny nose in morning

Cramping or sharp pain in abdomen; colic in infants

PMS in women

Constipation with ineffective urging for stool

Back pain, worse at night in bed

Likes: spicy, fat, alcohol, coffee

Stomach pain, worse with anger and tight clothes, better with warmth

Bladder infection with constant urging for small amounts of urine; better with heat or warm bathing

OPIUM

Opium is made from the colorful poppy flower, which is the source of both the addictive painkiller morphine and the addictive drug heroin. The homeopathic Opium has the ability to help people who have one or both of two opposite states: 1) Apathy, dulled pain sensitivity, and a dazed demeanor, and 2) hyperactive states, perhaps with insomnia. Hyperactive Opium personalities may be very intense and efficient workers, similarly to Nux Vomica. When they become exhausted, you tend to see more of the dullness, drowsiness, confusion, and blissful characteristics. These two states can alternate in the same person. The more blissed out Opium can be dreamy, but also has an opposite state of living with lots of fear and jumpiness to even the slightest stimulus that causes them fright. Their health complaints may in fact be aggravated when they get scared. Certain personalities may show a lack of conscience when doing something commonly seen as inappropriate or wrong, such as stealing. Physically, Opium can have sluggishness of digestion with constipation and a slowness of respiration.

OpiumBlissful and drowsy, but can be intense and fearful



• In one state, person is an intense and efficient worker.



• When tired, is more dull, drowsy, confused, blissful.



(The states of intense worker and drowsy stupor can alternate in one person)

► Dreamy and euphoric.



► Fear-an opposite state to the dreamy.

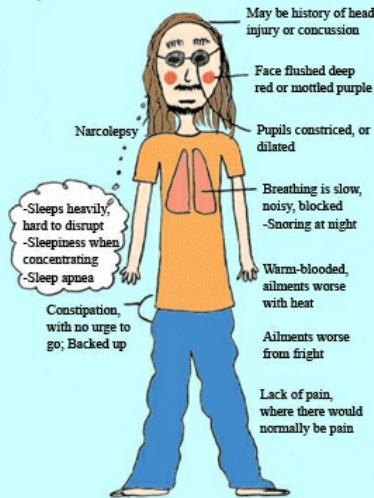


(In acute conditions, can rouse from a stupor with extreme fright)

► Can have a lack of conscience.



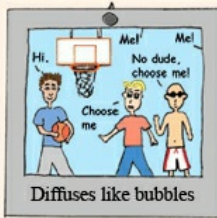
► Clinical and General



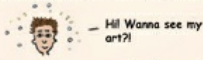
PHOSPHORUS

The element phosphorus is in all cellular fluid, especially as phosphate salt that acts as a buffer. People who need this remedy are sensitive people whose ability to be sympathetic toward others blurs their own boundaries and makes it difficult for them to feel grounded. Their personalities seem to sparkle with intelligence, creativity, and an enthusiasm and wonder for life. Their effervescence is attractive to people, like a refreshing bubbly drink. As kids, they are open and seem to make friends with anyone. They are also trusting and love the company of others. People may glom on to this enthusiasm, tugging the Phosphorus personality in many directions. Especially when others desire sympathy, Phosphorus may be worn thin trying to be there for everyone. They have a charming innocent or naive quality about them, and may be suggestible to others' opinions. The porous quality about them can also allow anxieties to enter and while they can be easily reassured by others, their fears become stronger when alone. Eventually, this remedy state can become so sensitive to others and the world around them that they lose their initial sparkle and desire for company. Porous barriers and mucous membranes can lead to respiratory infections, lingering coughs, and allergies.

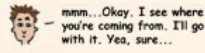
PhosphorusSparkly and sensitive, blurred boundaries



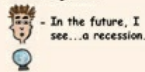
- Sparkles with smarts, creativity, enthusiasm.



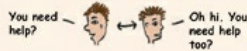
- Boundaries weak....sympathetic and suggestible.



- May even be clairvoyant.



- ▶ Attention on many things at once. Very sympathetic to others, may appear flighty.



- ▶ Anxious...but also easily reassured.



- ▶ Fears.



- ▶ Eventually, so sensitive to people and stimulation that desire for company is lost.



- ▶ Kids are so open, can make friends with anyone. Trusting. Anxiety, better with company.

Clinical and General

Sleeps well and wakes refreshed; sleeps on right

General: Ailments better from sleeping, eating, and cold drinks
-Worse from spicy, warm, and salty foods
Exhaustion and collapse states; lightheadedness

Nose bleeds

Voice hoarseness
-Huge appetite; goes up after a headache

Recurring respiratory complaints, lingering coughs

Heart
-Heart pain, worse with stress and lying on left
-Better with cold drinks

Stomach
-Stomach upset with nausea, temporarily better after cold drinks
-Vomiting

Numberness of fingers

High sex drive
Females:
-Uterine fibroids
-Heavy menstrual bleeding
-Ovarian cysts

Likes:
-Chocolate
-Salt
-Spice
-Ice cream, cold foods
-Milk
-Alcohol, especially wine
-Rice

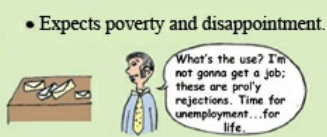
***Thirst for cold drinks**

PSORINUM

Psorinum is characterized by 'too little,' or deficiency. This remedy is hopeless about the future and comes to expect poverty and disappointment for life. Since they are ready to accept limitations in life and settle, they may tolerate substandard living conditions. Psorinum has perpetual anxiety and fear surrounding poverty, health, failure, and the future. They can become depressed about their predicament or more so their hopeless view of the future. The depression can eventually lead to suicidal feelings. Physically, there are many skin-related issues such as eczema with lots of itching and aggravation from heat. The natural barriers of the skin and the immune system are weak in keeping out germs, leading to frequent illness.

Psorinum

.....Fears about poverty and the future



• Expects poverty and disappointment.



• Accepts limitations; like modest housing.

► Fears and anxieties about:

Oh no! A fever!

Health

Cancer

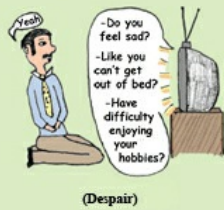
Poverty

Future

Failure

► Clinical, General, Mental

► Depression-can lead to feelings of not wanting to live anymore.



Feels forsaken or isolated

Pessimism

- Anxious restlessness at night
- Despairs about recovery

Face looks dirty, even when washed

Eruptions in folds of joints

Eczema that is itchy

- Worse at night, with heat, and in bed
- Scratching can cause bleeding

Gets cold very easily; wears hat or other warm clothing year-round

Headache; worse with drafts and prolonged hunger

Hay fever

- Catches cold often, slow to recover

Canker sores

Cough, bronchitis, respiratory complaints

- Shortness of breath and fatigue
- Better lying down with arms spread out

Appetite increases at night

Poor defenses

Suppressed sweat, discharges, eruptions

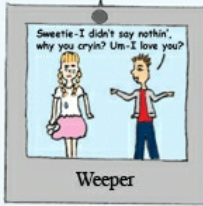
Dingy looking

Frequent acute illness; feels very well the day before illness

PULSATILLA

This remedy is made from a dark purple flower commonly called Wind Flower. Just like the wind can change direction frequently and has gentleness about it, Pulsatilla personalities present with changeability and softness. Frequently this remedy state is a soft and gentle female who is sentimental, emotional, and can be sympathetic to others. As children, they are shy and need reassurance from others. Their many emotions lead to changing of moods, from irritable to joyful to weepy. If Pulsatilla does not feel supported or reassured of security by others, she can feel very forsaken and alone in life. In relationships, they are sensitive but can also become dependent on someone, ready to make sacrifices to ultimately feel safe and secure with the other person. Though one side of Pulsatilla can be shy and easily embarrassed, another side can be quite dogmatic. This side may be rigid about religion or fanatic about an ideology they have become reliant on. This remedy cries easily and can have frequently changing physical symptoms. There tends to be hormonal imbalances with irregular menses, and symptoms from congested circulation such as varicosities and flushing.

PulsatillaSoftness with changing emotions



Thanks for the teddy bear, honey. I feel better.

- Gentle and soft; usually a female remedy.



- Awww, that's nice.

- Sentimental, emotional, sympathetic.



Old photos! - Awww...I remember that day. I miss them...

- Children are shy, cling to parents, want reassurance, and crave attention.



- Shy and easily embarrassed.



- Awww shucks.

- Can come off as flirtatious; desires affection-

- Consolation-wants reassurance and support.



- Quickly changing moods.



- Geez!

Irritable
(Can't always be sweet)



- Wahl!

Weepy
(During confrontation)



- No.

Stubborn
(Regarding security)

- Dogmatic. Can have rigid religious ideas or other fanatical traits.



- Sex is sinful.

- (Can eventually become apathetic and "out of it")

► Clinical, General, Mental

Faint from stuffy rooms

Headaches

Hay fever

Dry mouth but no thirst

Ear infections and ear pain

Cough; shortness of breath

Sensation of cold water being poured down back

Bladder pain, worse with full bladder

Warm blooded

Varicose veins

Hot feet out of covers in bed

Itchy and painful eyes, better with cold

Sleeps on back or abdomen; Distracted by song in head

Open and malleable

-Dependent

-Sad

Conjunctivitis

Cries easily, weeps while talking about problems

Feels forsaken

Likes:

- Cheese
- Butter
- Cream and whipped cream
- Ice cream
- Peanut butter
- *Cold foods

Wandering joint pain, better after getting moving

-Ailments worse from heat and in evening

Pain in heels

Ailments worse around menstruation, pregnancy, and menopause. Irregular periods and cramps.

RHUS TOXICODENDRON

Made from Poison Oak, a creeping shrub with strong cord-like shoots, Rhus Tox is a remedy state that deals with progressive stiffness in both body and mind. They gradually develop a rigidity that turns their thoughts one dimensional and their joints inflexible. Early on, this remedy state is jovial and friendly; however, over time they become more restless, frustrated, and irritable. Their seriousness increases until they cannot enjoy jovial interaction as much or at all. Eventually the person is very rigid and develops many superstitions and compulsions. They can also be serious and driven in their work like a Nux Vomica. The stiffness extends into the physical realm with arthritis and neck stiffness. On the other hand, there is also a very zingy quality in Rhus Tox, as the unexpressed and unmoving energy gets stored inside the body. They have restless extremities at night, an inability to sit still, and restless sleep. Physical complaints are better with motion and warmth, and worse getting up in the morning.

Rhus ToxicodendronProgressive stiffness



Several stages:

- Early stage: jovial, friendly, lively.



- Then: restless, frustrated, irritable.



- Eventually... RIGID



Stiffness can be seen on both physical and emotional levels.



Clinical and General

Compulsiveness. One of the most superstitious remedies.



Can be serious and driven (like Nux Vomica).



General: Ailments worse with cold and wet weather, and better with warm weather and baths

Cannot sit still; restless sleep, shifts positions to get comfy

Tip of tongue is red

Neck stiffness, worse with cold and better with heat; can cause headaches

Low back pain and sciatica
-Worse with over-lifting and sitting still
-Better with motion, heat, and pressure (massage)

Itchy eczema, herpes, or shingles; feels better with hot water

Restless leg at night; restless extremities in general

Fever blisters around lips

Pain in inner upper left scapula/shoulder

Heart pain, worse with exertion, extending down left arm

Craves cold milk

Skin eruptions on genitalia or inner thighs

*Arthritis!
-Worse at night, on waking, when cold, and with too strenuous of exertion
-Better with heat and motion

SEPIA

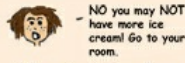
Closely related to the squid, the cuttlefish is a soft-bodied mollusk whose ink is used to make the homeopathic Sepia. When threatened, the cuttlefish squirts dark ink that clouds the water and hides its retreat. Sepia is primarily a female remedy, helpful for women who are independent and need more personal space around them, therefore shrouding themselves with a dark emotional cloud to drive off others during stress. One type is ambitious and career minded, while another works hard as a mom and wife for her family, becoming overwhelmed when she has no time for herself. Both types can exist at once in the same person. Sepia becomes irritable and detached from people, seeming indifferent to even their families. They feel guilt over this behavior, but may eventually isolate themselves and lose feelings of remorse. They are tough to approach when protected by their cloud of irritability and negative emotions; however, they are skilled at seeing other people's weaknesses and often strike with hurtful remarks. Sepia children are excited and affectionate. As they grow up though, they become averse to company and prefer to be alone. Physically, there are problems with lax tissues, stasis, mental dullness, and challenges in expressing femininity. Vigorous exercise helps.

Sepia

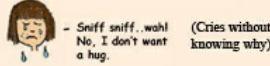
.....Tough egg to crack



- Irritable and detached.



- Guilt and then isolation...loses remorse.



- Sarcasm-sees others' weaknesses and lashes out with cutting remarks.



- ▶ Sepia men are rare...but can be wimpy and worn out.



- ▶ Children-excitible and affectionate.



- ▶ Averse to company; better alone.



Physicals.

- * Lax tissues
- * Stasis
- * Hormonal
- * Mental dullness
- * Masculine body (on female)

Clinical, General, Mental



SILICA

Silica, in the form of quartz, is the main constituent of sand. Looking at a grain of sand on the beach you can see that it has grit and hardness to it but also scatters easily in the wind. The challenge of Silica is that they do not express internal grit and backbone in their lives. They yield easily to people's desires, going along with the direction of wind that others are riding on. Though Silicas give in and seem indecisive, they are actually stubborn people who will not change their real opinions in spite of outwardly acting agreeable and sweet toward others. This stubbornness shows up more openly when Silicas are young. They have low self-esteem and confidence in their abilities, but in fact are capable and intelligent people. Still, Silica dreads taking exams and appearing on stage because they do not believe in themselves. People may be attracted to Silica for their easygoing natures and calm exteriors; however, Silica can be quite irritable and oversensitive, and tends to dwell on and get upset over small details. Physically, Silica deals with delayed development, frequent colds, fatigue, and weakness.

Silica

.....Lacks certainty in abilities



- Lacks internal grit; spineless.



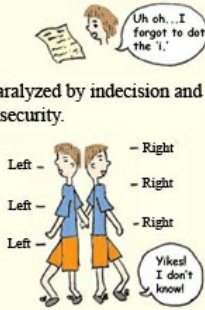
- Low self-esteem, feels dull and inefficient.



- ▶ Dwells on small details, to compensate for low confidence.

Clinical and General

- ▶ Paralyzed by indecision and insecurity.



- ▶ Children can be obstinate, oversensitive, irritable.



- ▶ Anxieties - noise, tests, details, stage-fright

Sweats on scalp, especially during sleep

Infected or blocked tear duct in newborns

Acne that leaves small pits in face

Dental abscesses, gum infections

Vertigo and sinus problems

Ear infections

Abnormal curvature of spine

Constipation without urge; bashful stool that recedes after almost exiting

Bartholin's gland cyst in females

Sour sweat

Bunions

Ingrown toenails

Sore throat

Enlarged lymph nodes in neck

-Kids—delayed development

-Frequent colds and flus

-Chilly; ailments worse with cold

Stuffy nose

Females—mastitis of nursing

-Weakness and fatigue

-Health problems of bone, spine, hair, nails, teeth from poor metabolism of minerals

Likes: Sweets, eggs

-Not: Fat, Milk

-Infants can't tolerate mom's milk and will vomit it

Abscess, anywhere on body

Offensive or corrosive foot sweat

Fragile nails, white spots

STAPHYSAGRIA

This remedy is made from an elegant, upright herb called *Delphinium Staphysagria*. Staph has a hard time standing upright when mistreated. During childhood, there is often suppression, abuse, or humiliation directed toward them by a family member. The young Staph does not outwardly react to these situations and seems withdrawn and serious, but they are sensitive and deeply affected by the mistreatment. A pressure cooker of anger and emotions builds internally for Staph, but the lid does not fly off. There may be a rare moment where Staph has an emotional outburst or throws objects, but they still do not stand up for themselves. At first it is hard to grasp how much anger, hurt, offense, and grief Staph has buried since they control those emotions well and have very sweet and calm personalities when interacting with others. Staph can be charming, but it is difficult for them to stop being sweet and use backbone when a situation warrants it. They are more likely to brood and turn the anger onto themselves rather than toward the offender. Ultimately, Staph feels bound by the bottle they live in, finding it difficult to express any emotion or personality and eventually developing low self-esteem, depression, and resentment. There is trembling from withheld anger.

STRAMONIUM

Datura stramonium, or thorn apple, is a strongly hallucinogenic plant that relaxes the smooth muscles of the respiratory, digestive, and urinary systems. The homeopathic personality of Stramonium is anything but relaxed. This person manifests violence and anger in their life, in thought, action, and in health-related symptoms. Though this state may be sudden and intense, it does not simply spring out of nowhere, but rather can be rooted in fear. The Stramonium personality often experiences something frighteningly violent in their past, such as an accident, abuse, or some other trauma that then triggers a state of violence in them. They continue to both feel violence and fear it, and may show one of those states more overtly. They tend to be more afraid when alone and may experience night terrors. In extreme cases of true mania, this person can become dangerously violent and have homicidal tendencies. The abundant energy in this remedy manifests physically as ailments of the nervous system, such as tics and jerking movements, convulsions, stammering speech, and strong sexual desires. Complaints may be triggered by or made worse from a fright.

Stramonium

..... Fear of, and thoughts of violence



- Violence in action, thinking, or symptoms.



- Interplay between two types: does violence or fears it. Can bite, strike, injure.
- Very intense, full of energy.



► Focus on nervous system. Violence is sudden...almost like a convulsion.

► Clinical, General, Mental



(Can be triggered by fever, alcohol, injury, abuse)

► Fears--of violence, death, or symbols of these.



Night terrors without memory of it later

Fear of death (especially violent death), the dark, water (can even be a shower), being alone, animals. Many fears

Mania with red face, dilated pupils, incredible strength

Strabismus

-Violent jerking of head

-Stammering; then speech explodes forth

Tics, twitches

-Craves sweets
-High thirst
-Violent hiccups

► Children fear violence and display it. Interacting, can appear mild or drowsy.



Aggressive sexual desires; promiscuous and vulgar

*Convulsions that can be violent (even in kids)
-Feverish
-Delirium
-Temper with fears or nightmares
-Convulsions with fears

SULPHUR

The element Sulphur smells uniquely of rotten egg and is found near volcanic sites and hot springs. It is associated with fire, and the Sulphur personality is one that has a strong spark to the mind. The philosophical Sulphur thinks in a detached way and has a huge ego. This person might invent something new and be very proud of their accomplishment. They are so sure of their smarts that they can become condescending toward and even disgusted with other people. There is a second Sulphur who, though still confident, views the world in a more practical way and spends time being dependable and service oriented. They are more social than the philosopher, and more inclined to seek approval from others. The overall detachedness of this remedy affects Sulphur's sense of time and their appearance. They can be slovenly with grooming habits and may present with messy hair or a shirt stain. With all their time spent thinking, there is also a tendency toward procrastination and laziness. This remedy is critical of others, easily finding faults. Physically, there are skin ailments including eczema that is moist and itchy. Sulphur has profuse and offensive sweat and likes his own body odor, yet dislikes others' odors.

Sulphur

..... The lazy intellectual



Smart and unkempt

► Mainly a male remedy. In a female:



► Laziness...procrastination!

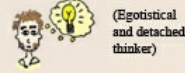


► Critical...finds faults in others; even disgusted with them.

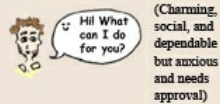


► As a kid, curious and extroverted. Can be arrogant. Wants to be treated like an adult and the center of attention.

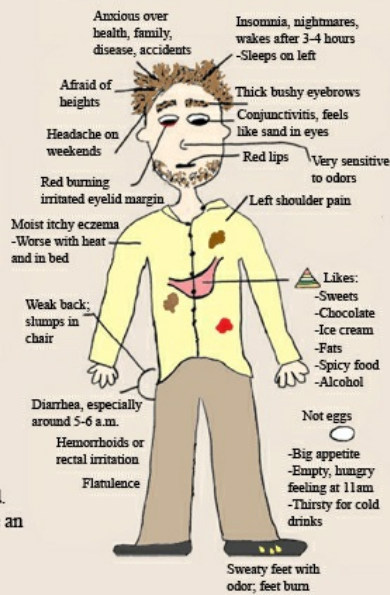
• One type is philosophical.



• Another is the "practical idealist."



► Clinical, General, Mental



SYPHILINUM

This remedy faces a lot of distortion and breakdown of reality. Syphilinum has a plethora of anxieties and fears. For example, they fear for their health down to the smallest germ and are obsessed with cleanliness. Serious infectious diseases are a constant threat in their minds, and as a result they will avoid touching dirty things and must constantly wash their hands after touching anything. This compulsion may lead to other repetitive habits as well, such as checking and re-checking appliances to see if they are turned off. Syphilinum may in fact be scared that they are going to go insane in the midst of all these fears and anxieties. The madness may start to feel more real for them than reality, and they may imagine new things about their environment that are not there, such as that their food is poisoned. This remedy may seek escape in alcohol and can be prone to alcoholism. Physically, Syphilinum can have tooth decay. There are also bone, back, and head pains that are worse at night.

Syphilinum Fears and compulsions about health



Fears about health

► Desire to wash hands...all the time.
(After shaking hands, touching doorknobs, etc.)

► Fear of going insane.



► Prone to alcoholism.



• Scared about infectious disease and germs; obsessed with cleanliness.



• Compulsive need to check and re-check things.



► Clinical, General, Mental



TARENTULA HISPANICA

Made from the poison of a spider, this remedy greatly affects the nervous system. Tarentula is, in a word, hyperactive. There is a nervous tension and restless energy that must find an outlet in some form of movement, such as working, dancing, or even just tapping the foot. This remedy can be a workaholic personality, putting forth all their effort to be productive and efficient at a task. They tend to be very hurried and impatient, and may be drawn to jobs that utilize those traits such as on the stock exchange or a position that involves strict deadlines. Tarentula, when not working, loves music and dancing which may serve to calm them or to drive them even further to excitement and wildness. If the restless energy inside this remedy state does not find an adequate outlet, destructiveness may result, with a tendency in Tarentula to break or throw objects, go into a rage, or inflict violence. Behind the scenes, this remedy may be subtly cunning and make plans to deceive others. Physically, there is twitching and jerking of the extremities and heart pain or palpitations. One peculiar trait of Tarentula is that they are averse to strong or particular colors such as yellow, green, red, and black.

Tarentula HispanicaOveractivity and hurriedness



Hyperactive

Look alive!
The clock
is tickin.
Tick
tick
tick
tick...



- Workaholic; productive and efficient.

- Hurried and impatient.
- Loves music and dancing. It either calms or excites him (even wild dancing).



▶ Restless, excited.



▶ If activity and physical movement aren't enough...

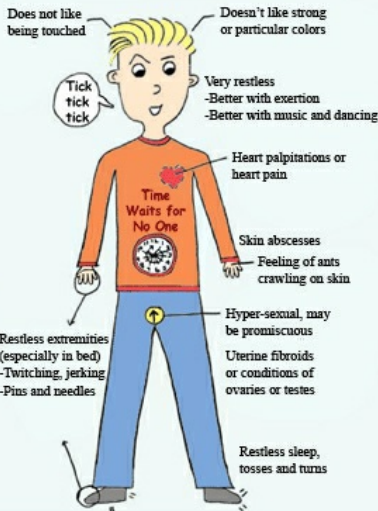


...destructiveness can develop, with aggression and rage (breaking things, throwing things).

▶ Subtle cunning, deceit, dishonesty.



▶ Clinical, General, Mental



THUJA

From the evergreen tree that is commonly called Arbor vitae and Tree of Life, this remedy state feels unlovable, unattractive, unacceptable—overall, worthless. There is often a childhood history of neglect or abuse. An inner doubt forms in Thuja regarding their self worth, and they face self-esteem problems as a result. They do not want the outside world to see what they are experiencing and instead put abundant effort into fitting in with others. They spend time both in creating a persona they think is pleasing to people and in perfecting their appearance to hide the feelings of unattractiveness. However, the high expectations Thujas have for themselves are impossible to attain, and a depression and self-loathing sets in from feeling like they will never be accepted for who they are, or for the image they constantly present. There is a lot of secrecy about Thuja's life, as they will lie to hide unpleasant or vulnerable aspects of it. Physically, it is interesting this remedy has warts arise anywhere on the body including the face or eyelids, since it is appearance with which they are primarily concerned.

Thuja

.....Desperately tries to fit in and feels left out



Feels worthless

- Inner doubt and low self-esteem...
- ...so, spends a lot of energy creating a pleasing, acceptable image to others.
- Secretive-lies about his/her life (hides the unpleasant).

- ▶ Often, history of abuse or neglect (especially childhood).



- ▶ Feels unattractive-can spend lots of time trying to look perfect.



- ▶ Depression-has loneliness and sadness from feelings of not fitting in.



▶ Clinical, General, Mental



TUBERCULINUM

This remedy state craves living life to the fullest. Tuberculinum longs for what they do not have—new things, new experiences, and change in general. They are dissatisfied with life as it is and can get frustrated by their boredom. As a child, Tuberculinum can be hyperactive and very angry. They may break things, try to hurt others, and disobey everything they are told to do. The adult Tuberculinum seeks outlets for their energy as well, which may include traveling, nightlife, or drugs. Tuberculinum is romantic and adventurous, and would not be satisfied with a steady desk job. They especially love being near mountains and feel better in that setting. In everyday life, they are adept at switching jobs, relationships, and residence to keep the feeling of newness alive, even trying on different moods and philosophies. While they do not seek routine in their life, they may become compulsive or ritualistic about small details like whether they lock the door or not. Physically, there is changeability of symptoms, and a deficient immune system with frequent colds and flus. There is also a focus around respiratory infections and complaints.

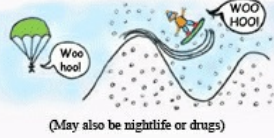
TuberculinumConstant need for change



► Frustrated boredom...can lead to cruelty (more obvious in kids).



► Seeks outlets for excitement.



► Frequent changes--in jobs, relationships, homes, travel.



► Compulsive and ritualistic.



• Romantic, poetic, on cloud 9.



• Becomes bored with mundane life.

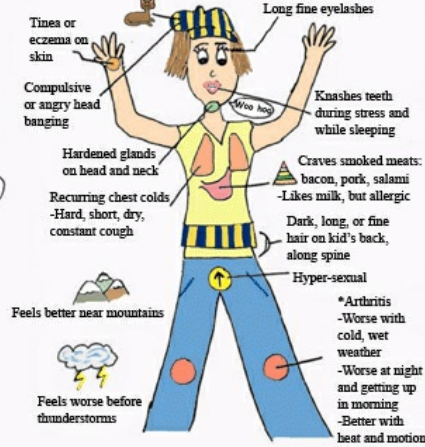


• Childhood-Hyperactivity, destruction, violence.



► Clinical, General, Mental

Fears cats and allergic to them; irritable toward cats



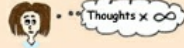
VERATRUM ALBUM

Made from the fresh root of the plant commonly called White Hellebore, this remedy is rare and unique like the remedies Stramonium and Syphilinum in typically being considered on the outskirts of society. The personality is trapped inside the overly dogmatic and rigid ideas in their heads. They are not connected to other people and may appear hardened or odd to interact with, having inappropriate laughter or arrogant self-righteousness at unexpected times. The self-righteousness can become delusional in more manic states and the person may try to convince others that they are “the chosen one” to deliver an important message about, for example, doom or salvation. As a child, Veratrum Album is sharp, curious, and precocious. They may ask a lot of philosophical questions that seem out of sorts at such a young age. They also have much restlessness and hyperactivity that can lead to disobedience and repetitive behaviors such as stacking objects. Physically, there can be weakness and collapse, gushing vomit and diarrhea, and an icy internal coldness.

Veratrum AlbumSelf-righteousness with delusions



- Overly mentalized.



- Not connected to others; appears hard.



- ▶ Self-righteous...in more manic states, can become delusional.



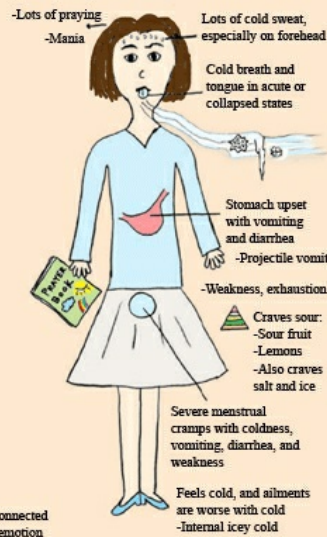
- Preaching, religious or other kinds.
- Can also become gloomy and have despair about salvation.

- ▶ Children are curious and precocious.
- Sharp mind with restlessness.
- Inner frustration with disobedience.



- Repetitive behavior
- Precocious mind
- Disobedience
- Tough, or disconnected
- May show no emotion during punishments

▶ Clinical, General, Mental



MIASMS

Sickness does not come out of thin air. The life in each person has an energetic backdrop that predisposes them to illness if stress pushes the right buttons. What does this mean? Say two people have just agonizingly taken an important exam that they prepared for over 3 months. After the exam, one person strikes a high fever and is sweating in bed for two days. The other person breaks out in hives and is scratching all over. Why would these two individuals have two different responses to a stressful exam? Each of them was born not only with their own unique genes, but also with their own unique terrain for health and illness. This more chronic state is what Hahnemann termed 'miasm' in 1828. Three miasms were named, which were each linked with the specific diseases that they originated from: 'Psora' from Scabies, 'Syphilis' from Syphilis, and 'Sycosis' from Gonorrhoea. Since then, a fourth miasm called the Tubercular miasm, from the disease Tuberculosis, has been added.

Miasms can initially be confusing for students of homeopathy to grasp, but each of us is familiar with them on a fundamental level. Keep in mind that the miasms themselves *are not* remedies that you prescribe to a patient. They are more like the undercurrents in an ocean, whereas the waves riding toward shore represent the characteristics making up each remedy. When interviewing patients for a homeopathic intake, it is important to recognize which undercurrents, or miasmatic categories, each of their symptoms is falling into.

The miasmatic state of too little, or deficiency, is *psoric*. Psora is faced with not having enough, whether it is energy, excitement, nutrients, you name it. If psora were a well, it is filled too low to allow a useful pail of water to be pulled up. And so this person may be tired a lot or perhaps appear very lacking or weak compared to their potential. Psora can be found on some level in everyone and is associated with itchy skin. Psoric symptoms originate as some form of skin illness, but if suppressed or exacerbated can become deeper diseases of the organs.

The state of destruction, or indicative of breakdown, is *syphilitic*. In this world, there is structure everywhere you look. There is matrix that makes up bone, layers that make up skin, social structure surrounding

human interaction. Syphilis can have a breakdown on any level. The teeth may begin to crumble unexpectedly. Cracks may form in the heel of the foot. There can be disconnection from other people or even a break from reality. The severity of the erosion, however, is usually well hidden within the patient before the symptoms get out of hand.

The state of too much, or excess, is *sycotic*. This miasm has way more than enough. On a scale of one to ten, their energy is at twelve. If others are giving 100% effort, they can give 110%. There is abundant energy in this miasm. Here is someone who can wake up, go for a jog, volunteer, go to work, step on a treadmill, get a piano lesson, work some more from home, and reluctantly go to bed—all in one day. There are also excesses such as growths on the body or intense sexual energy. Sycotic symptoms are not likely to be overlooked and the patient can have a sudden and overt expression of their illness, such as a quickly spiking fever.

A combination of the previous three miasms, with respiratory symptoms added in, is *tubercular*. The influence from the other miasms makes tubercular symptoms diverse and quickly changing. This person may have one symptom that vanishes while a different one presents a month later. A weak respiratory system leads to frequent colds and lung symptoms. This miasm may be hard to identify. However, if you feel like the other miasms are equally presented in the patient, tuberculosis is the miasm you should consider.

A person can be living with imbalances that fall into one or more miasmatic categories. All of the miasms may start by acting locally after the first disruption or trigger, but can become deeper and more severe when suppressed, for example, by medication. It is easy to imagine that symptoms can be suppressed by the sheer will of the person as well, either gradually over time, or circumstantially such as when someone tries to will away a cold in order to do a presentation.

Miasms can be inherited by birth or acquired during life. Each of the 32 remedies in this book has a miasmatic composition that is unique, just as each patient you meet will have a unique make-up. You will be looking for a remedy that most closely matches the miasmatic states of the patient. For example, if a patient has both itchy skin and excess energy, the remedy you choose will have both psoric and sycotic elements to it. Challenge yourself to look back through the remedies and see the

underlying miasms in each one.

A final note: just to clarify. There are four remedies made from the same substances each miasm is represented by. These are Psorinum, Syphilinum, Medorrhinum, and Tuberculinum. These remedies present an essence of each miasm that is helpful to keep in mind. However, they are also prescribed just like any other remedy—when the patient's overall presentation is best covered by the remedy.

GENERALS AND PHYSICALS FOR EACH MIASM

Psora—Weakness with deficiency and skin eruptions, functional and slowly developing (low level) problems, eruptions itch/burn/are dry, round and fleshy growths, clear/white/bland/sour discharges, ailments worse daytime, person is more active during the day, weak absorption of nutrients, teeth problems, drowsy, feels cold, eats a lot, worse with movement and better with rest, likes sweet foods and warmth, focus on the skin and mucus membranes (but can affect the whole body too). *[Refer to Psorinum; another strong example is Calcarea Carbonica. Every remedy has some psora]*

Syphilis—Destruction and erosion with dullness, symptoms can be well hidden, ailments worse from sunset to sunrise, worse at night, person is more active at night, bone pain, offensive/grayish/bloody discharges, dull senses, addictions, sudden and serious symptoms emerge that did not show previous signs of existing, skin cracks, asymmetry or deformity (such as flipped organs or extra fingers, for example) *[Refer to Syphilinum; other strong examples are Mercury, Aurum, and Silica]*

Sycosis—Excess and overgrowth with high energy, sudden onset and fast progression (aggressive illnesses; medical T.V. shows display a lot of this), strong vitality, better with motion, better from twilight to dawn, person is active at night, worse with damp weather and temperature extremes, likes strong tastes/sour/spice/salt/ice, large features, high fevers, enlargements, genitourinary problems, strong sexual desire, green/yellow/fishy/musty/cheesy discharges, spasms, sleeps on stomach *[Refer to Medorrhinum; other strong examples are Argentum Nitricum, Sepia, Staphysagria, and Thuja]*

Tuberculosis—Changing symptoms, with weakness of the respiratory system, blue sclera/skin, astigmatism, bright eyes with elegance and beauty, feels cold, likes cold food and drink/rich food/milk/smoked food, likes fresh air, thin even when eating a lot, grinds teeth, inflamed iris, low fever, needs movement, narrow chest, pale and shiny skin, ringworm, tired, focus on respiratory system (but can present anywhere in the body) *[Refer to Tuberculinum; another strong example is Phosphorus]*

MENTALS AND EMOTIONALS FOR EACH MIASM

To aid in the whole picture approach to homeopathic miasms, the next page will break each one down pictorially by mental and emotional attributes. With four distinct pictures laid out side by side, you may think of people you have met and what miasm or miasms they remind you of. When you meet someone new, they will exude something about their miasmatic picture immediately by how they look and speak. Are they quiet and meek, stoic and hard to read, or loud and pushy? Is he or she wearing muted colors such as tan or gray? Dressed all in black? Sporting bold or flashy colors? Try to imagine how each of the miasm pictures on the next page might look at different ages walking down the street.

MiasmsUnderlying chronic states (mental/emotional)

Psora



- Shy, soft, quiet. Blushes.
- Weak, slow.
- Too little. Underdo
- Possessive. Saves things. Prepared.
- Works hard. Wants to make a good impression. Wants security.
- Cares for people. Dependent. Carries guilt.
- Impressionable, worries. Is fearful.

Syphilis



- Silent and closed. Hides feelings.
- Not connected to others. Isolated.
- Secrecy.
- Aggression in thoughts or actions.
- Suspicion and fear of others. Feels surrounded by enemies.
- Misery. Destruction.
- Perversion.

Sycosis



- Lively, expressive, outgoing, joyful.
- High energy, strong. High endurance.
- Too much. Overdo
- Loves parties, fun, nightlife.
- Fast, in a hurry. Impatient. Better with movement.
- Boastful, exaggerates.
- Impulsive, erratic. Strong extremes.
- Loves animals.

Tuberculosis



- Artistic, creative, sensitive.
- Seeks excitement and change.
- Loves the mountains.
- Impatience, with destructive behavior.
- Dictatorial.
- Delicate, brittle.
- Needs movement.
- Contradictory and changing symptoms.
- Fear of animals, especially furry ones.

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Aarti Patel graduated from Bastyr University in 2009 with a degree in naturopathic medicine. She grew up in Canton, Ohio and attended Boston University in Massachusetts for her bachelor's degree, studying French and Biology. She has always enjoyed drawing and has tied that skill into her own learning, particularly in creating visually based notes for medical school courses such as Homeopathy, Biochemistry, Anatomy, and Pathology. Her naturopathic practice focuses on women's health, homeopathy, and counseling. She has practiced along the Pacific coast and currently resides in Northern California.